

## "The Monastic Way"

Held the first Wednesday of the month, all are welcome to come. It is really an awesome resource to walk with the fathers and mothers of the church each day. A PDF resource is available. Please contact Mary Roach 816-761-6042 for more information.

## Liturgical Ministries

Proclaim the Word, join our Music Ministry, become an usher, or Extraordinary Minister Mary Roach for proclaim the Word liturgy 816-761-6042, Bob Sandford for Music Ministry [bsandford@saintcatherine.com](mailto:bsandford@saintcatherine.com), Bruce Gregg for usher, 816-763-6476 or Tracey Woods for Extraordinary Minister 816-965-9664.

## Yoga Club

We have an opportunity to come together for our wellness. Yoga is not a "Hindu thing." Thank you Lisa Sparks for leading this. And, if you have any questions or concerns on it please contact Fr. Thomas as well. Lisa Sparks 816-304-7130, Fr Thomas 816-761-5483.

## Knights of Columbus

It is an awesome way for men to come together and uphold Christian values and spread the Gospel. If you would like to know more or want to join, please contact: Bruce Gregg, 816-763-6476 or Tebe Vervecke 816-509-0368.

## Parish Councils & Committees

If you would like to be part of the Pastoral Council or Finance Council, or a different steering committee to guide our parish with your awesome ideas and enthusiasm, please contact Father Thomas: [frsunoj@gmail.com](mailto:frsunoj@gmail.com) or call the parish number 816-761-5483 and wait for his extension to leave a message.



AND MUCH MORE

STAY CONNECTED

"stay connected" link on our website. Receive updates by text, email or automated call through our Flocknote system.

SAINTCATHERINE.COM (816) 761-5483  
FACEBOOK @STCATHERINEOFSIENACHURCH  
INSTAGRAM STCATHERINEOFSIENACHURCH  
4101 E. 105TH TERR. KANSAS CITY, MO 64137

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## MASS TIMES

### Weekend Masses

In-person & streamed  
Saturday 4:00pm (see [saintcatherine.com](http://saintcatherine.com))  
In-person  
Sunday 10:00am

### Daily Mass

in the church  
Tuesday-Friday 8:15am

### Syro-Malabar Mass in

Malayalama language  
Sundays at 8 AM and first  
Friday at 7 PM

## ADORATION

Every Friday after 8:15am  
Mass & 1st Sunday of the  
month 5pm

## COMMUNION TO THE HOMEBOUND

Available to all  
parishioners. Contact us  
at the number above.

## FOOD PANTRY

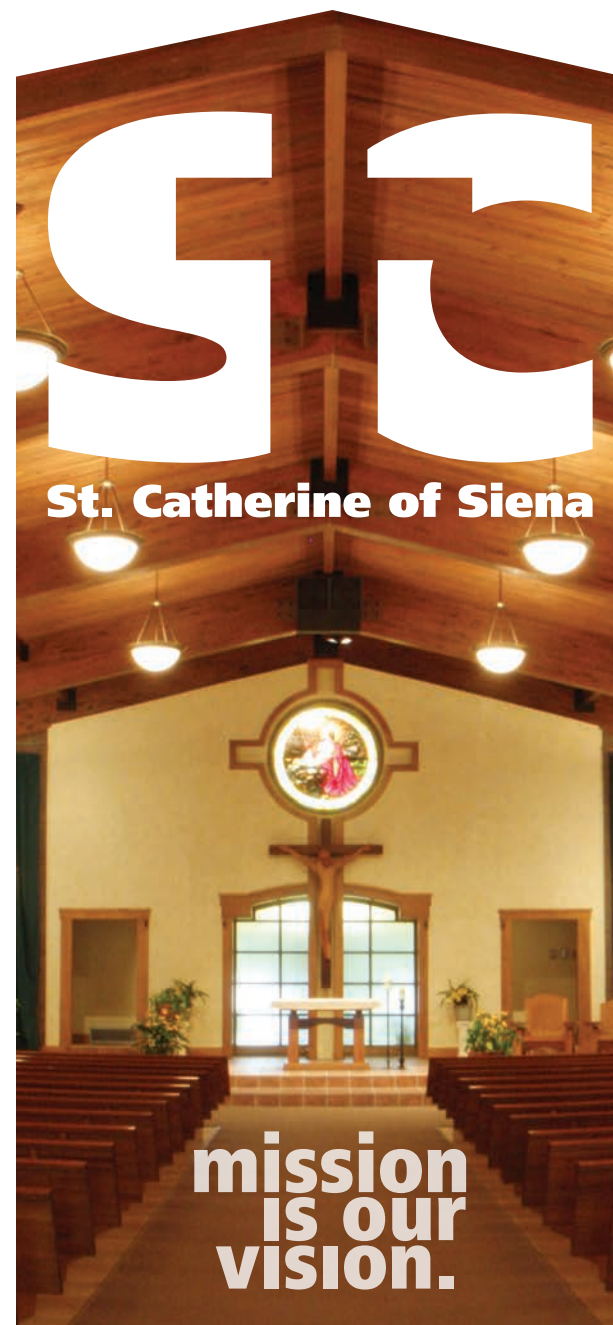
Serving our neighbors in  
need.

### Hours:

Call (816)888-8595 for an  
appointment.

Mondays 9am-1pm  
Tuesdays 9am-1pm  
Thursday 9am-1pm

Text "connectsc" to  
84576 or click on the



Heart to Heart, Helping Hands  
and everything in between..



## A note from Father Thomas

The year 2020 is marked by the suffering and challenges created by the COVID-19 pandemic. There are lots of people here in our country and around the world experiencing the pain of losing their near ones and dear ones. There are many suffering the after effect of COVID. As we know, depression is connected to past events and anxiety is connected to the future. It is normal when a catastrophic event like this happens we get trapped in the past and get depressed or worry about the uncertainty of the future and are trapped in anxiety. The result is we miss the opportunity to experience the most beautiful God-given moments in our present life. I hear people say they want 2020 to be over. But even in the midst of a pandemic, we have an opportunity to look at this year with 20/20 VISION. It gives clarity to who we really are.

We are created in God's image. God revealed Himself in this human body. God created this world and everything in it and has given us everything we need so that we may live in His LOVE. Through our life we reveal Jesus in this world. As a Christian our MISSION is to live in God's love and share this love with our neighbor. Being a Missionary means one who has 20/20 vision of one's MISSION, which is to live in the love of God and express this love to God and to our neighbors.

### Love God

There are lots of opportunities in our awesome parish in which we can enhance our experience of God's love and live in happiness. There are also opportunities to equip ourselves with more knowledge about Jesus and experience and share Jesus within our community by being part of the Sacraments, Liturgies, activities, events, etc.

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### Love our Neighbors

This is really important. We have lots of opportunities to express our love for our neighbors. I would like to suggest this: adopt a family or two in your neighborhood and pray for that family whenever you pray. If it is possible, send them seasonal greeting cards or reach out to them whenever possible, sharing cookies, etc. Actively include our neighbors in our prayer. ADOPT A NEIGHBOR to pray.

**Being a Missionary is my vision.** We will be an awesome community when we know we are all missionaries. MISSION is our VISION.

Thank you to all the awesome volunteers and supporters of this parish who make this possible. Thank you so much.

With lots of love and prayers,  
Fr. Thomas

## Opportunities

### for growing together and living our vision

Please feel free to get in touch with the contact person in each program if you would like to participate.

### "Heart to Heart"

A new program initiated by Laura Brennan and a few ladies. We are reaching out to women who want to come together and discuss getting through these tough times while offering support to each other. This is a **non-denominational group and open to all women.** Bring friends! First meeting is September 24, 10:00 am in Ruysser Hall. Call Laura Brennan, 816-914-3312, to join or for more information.

### Helping Hands

If you know anyone in your neighborhood need help raking leaves, removing snow etc. and/or are ready to help contact Tracey Woods 816-965-9664.

### The Ministry of Reaching Out

We need to reach out to friends and neighbors in our parish and help them realize that we are a church walking together with people, in good times and in bad. Please contact Margarita Helgenberger at 816-888-8595 if you would like to share your time and talent for those in need.

### Programs sponsored by Siena Sisters

**"The Chosen"** an eight episode series seeing Jesus through the eyes of those who met him. Wednesdays 6:45 pm in the church November 4th through January 13th (excluding the Wednesdays during the weeks of Thanksgiving and Christmas). Contact Carol Shelangouski 636-697-5918 cshelski@yahoo.com.

### Garage Sale

We offer our neighbors and parishioners items for daily living. Donations and shoppers are welcome. Contact Mary Roach 816-665-7096

### Holy Family Prayer Garden

All are welcome to enjoy the garden. Contact the parish office to adopt a portion of it to care for.

### Bible Study

Please contact Deacon Dave Healy 816-820-3792 or Roberta Aguirre 816-996-0427.

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